

## Readiness Tool: The Incredible Years BASIC Parent Program

During program selection, it is important to research and compare possible evidence-based prevention programs to ensure that you are selecting the program that is the best fit for your community and available resources. This tool is intended to help you plan for the implementation of an evidence-based program with a commitment to quality and long-term sustainability.

### Program Selection

**Is IYS BASIC a good fit for your community? While researching and comparing possible programs, consider the following information to determine if IYS BASIC is the best fit for the community.**

#### 1. Are these the risk and protective factors identified and/or prioritized by your community?

IYS BASIC Targeted Risk Factors	IYS BASIC Targeted Protective Factors
Poor Family Management ( Ineffective Parenting Skills, low monitoring)	Family Attachment ( Parent support for child social, emotional, & academic development)
Family Conflict	Family Opportunities for Prosocial Involvement
Family History of Antisocial Behavior (Numerous life stressors (negative life events, socio-economic disadvantage, & isolation)	Family Rewards for Prosocial Involvement (Parent effective communication skills, anger management, problem solving)
Low parent involvement with teachers	Positive, nurturing, developmentally appropriate parenting skills
Child biological factors (developmental delays, ADHD, cognitive, language)	Parent partnerships with teachers/schools

#### 2. Is the Incredible Years® BASIC Parent Program appropriate for the population you plan to target?

The *Incredible Years BASIC Parent Programs* target parents of children ages 3-12. The BASIC Parent Training Program (Preschool/Early Childhood) is for parents of children ages 3 through 6. The School Age BASIC Parent Training Program is for parents of children ages 6 through 12. The programs can be targeted at parents of children who may be at risk for or have behavior issues or used as a general program for any parent interested in improving their parenting skills. The program emphasizes parenting skills that promote children's social competence and reduce behavior problems.

#### 3. What are the outcomes you intend to change in your targeted population?

**IYS BASIC has been shown to have the following outcomes:**

**Short-term:**

- Increase parent positive affect such as praise and reduced use of criticism and negative commands.
- Increase parent use of effective limit-setting by replacing harsh discipline with nonviolent discipline techniques
- Increased monitoring of children
- Reduced parental depression and increase parental self-confidence
- Increase positive family communication and problem solving

**Long-term:**

- Reduced youth conduct problems at home (less aggressive, destructive behavior, less depression, less use of drugs and alcohol, less likely to drop out of school, less criminal activity, less pregnancy)

## Implementation Planning Steps

### 4. Is it feasible for you to invest in the following key elements IYS BASIC is implemented?

- **Buy in:** Education is essential for the group facilitators as to what the program is, how it will be implemented, what the expectations are for implementing, and what type of support they will receive. Explain how IYS BASIC fits into the prevention programming plan. This is extremely important and should occur BEFORE training days.
- **Facilitator training days:** It is vital to train all people who will be implementing. It is also imperative to train additional people to help address attrition and to have sufficient staff in case of illness, etc.
- **Recruitment:** Sufficient parent participation is a vital part of the IYS BASIC and recruitment efforts need to be thoughtful and proactive. Here are some strategies to consider when recruiting parents for IYS BASIC.
  - Have an “elevator pitch” description of the class to give parents enough information and encourage them to contact you for more information.
  - Set a convenient time and place for program sessions.
  - Make sure fliers for the program mention the incentives you are offering: FREE childcare, dinner, programming, etc.
  - Use personal invitations at community based events and agencies. (For example: at preschools, back to school nights, community fairs)
- **Staff:**
  - Program Coordinator – The Coordinator assumes responsibilities such as coordinating staff training, scheduling programs, hiring and supervising facilitators and other staff, overseeing data collection and analysis, arranging program logistics (such as location, meals, childcare, transportation, and incentives), developing recruitment, referral, and marketing strategies, and guiding facilitators to ensure model adherence.
  - Facilitators – IYS BASIC is intended to be delivered by two trained facilitators.
  - Additional Staff – Childcare providers for children of parents attending the program.
- **Curriculum:** Curriculum materials are distributed by The Incredible Years. It is recommended for startup that sites purchase one full set of the curriculum and provide a manual for each facilitator.
- **Budget:** A budget of supplies and costs associated with running a 14 week parenting program including facilitator salaries, meals, childcare, transportation and incentives.
- **Data collection and analysis plan:** Determine the following: When evaluations (pre and post surveys) will be completed by parents participating in IYS BASIC. Who will be responsible for distributing and collecting the surveys? Who will be responsible for data entry? Who will be responsible for analyzing and reporting the data results?

### Resources are available to help plan for the Incredible Years®:

- [EPISCenter Incredible Years®](#)
- [Evaluation Tools](#)

## Implementation Steps

### 5. Can these expectations for quality and dosage be met within the existing structure and with the existing resources?

- 3 days of training in Year 1 before implementation begins
- Ongoing phone consultation with trainer/mentor for professional development
- Appropriate time provided for weekly program preparation
  - Set up homework folders/prepare handouts
  - Copy weekly parent evaluations
  - Make reminder phone calls to parents
  - Prepare incentives
  - Arrange transportation
  - Make midweek phone calls to parents for retention and to trouble shoot issues
  - Review and provide feedback in parents' folders
  - Debrief and plan for next class with co-facilitator
- Locate space for the program and childcare
- Arrange for meals or snacks.
- Arrange for childcare
- Recruit approximately 15 adults to participate in the program
- At first session or during an intake appointment, have parents complete the Parent Practices Interview (pre)
- Have TV and DVD player available for showing of vignettes.
- Follow weekly session checklist and program implementation guidelines while being flexible to meet the needs of the parents participating.
- Develop a process for video of program for certification process for facilitators
- Person trained in IYS BASIC to observe 3 of the 14 program sessions.
- Develop a process for regular feedback and collaboration about implementation for all IYS facilitators.
- At last session have parents complete the Parent Practices Interview (post)

## Steps for Assessing Program Impact

### 6. Does the agency have the capacity to collect outcomes data and to monitor program fidelity?

#### Data collection:

- Pre surveys completed by parents before each program cycle starts.
- Post surveys completed by parents after each program cycle ends.
- Weekly parent evaluation forms to assess weekly parent satisfaction.

#### Data entry/analysis and PCCD reporting:

- A person(s) designated to take completed parent surveys and enter them into an Excel Spreadsheet for Outcomes Analysis and PCCD Quarterly Reporting Tool.
- A person(s) designated to complete quarterly reporting requirements for PCCD.

#### Fidelity monitoring:

- A person(s) to complete observations (20% of sessions, or 3 per 14 week cycle) and provide feedback on implementation quality using the IYS BASIC Parent Group Leader Checklist. All observers should complete the Incredible Years® BASIC Parent Program training.

- Regular time for collaboration and networking surrounding program implementation. Weekly is ideal, bi-weekly is recommended. This time will be used to discuss how well the program is being implemented and what barriers need to be addressed.

### Steps for Sustainability

7. **Can funds/resources be identified to sustain key implementation elements of the program beyond the initial seed funding? Make sure to carefully consider and designate those responsible for sustainability planning and securing funds/resources.**
- Have you designated a person or persons responsible for pursuing sustainability funding and allotted sufficient time for identifying funding sources and building relationships with potential funders?
  - Will there be funds to provide annual training to Incredible Years® BASIC facilitators?
  - Will there be funds to provide training for new staff?
  - Will there be capacity to purchase/print evaluation tools and analyze outcomes data?
  - Will there be capacity to continue to support staff time to conduct observations and monitor implementation quality?

**Additional assistance and resources for implementing the Incredible Years® BASIC Parent Program can be obtained by contacting the EPISCenter at 814-865-2649.**



EDNA BENNETT PIERCE  
PREVENTION RESEARCH CENTER

